

Swedish Body Massage Certificate

Program Title: Swedish Body Massage Program

Program Credential: Certificate

Program Duration: 3 days

Class Schedule: 1:00 pm to 5:00 pm

Program overview

This comprehensive certificate will equip you with the knowledge necessary to perform a full Swedish body massage. You will learn both theory and practice with a focus on practical relaxation massage techniques. You will receive practical training where you will be taught a full range of techniques and sequences so that you can offer effective treatments for many of today's common ailments. Our small class sizes and teacher student ratio ensure that you receive one-on-one instruction and guidance from the instructor

Career Opportunities

With today's fast-growing beauty industry and demand for aesthetic services, students will receive hands-on training and gain knowledge in all phases of medical aesthetics. The program will provide information and guidance about career opportunities, seeking and obtaining employment. After completing the program, students will be eligible to start employment in medical spas, doctor offices or self-businesses. Chellsey Institute of Beauty & Health supports students from enrollment to graduation to ensure successful completion

Massage & Body Therapies:

This module examines the fundamental principles of human anatomy, physiology, Swedish massage techniques and body therapies.

Theoretical Applications

- History of Massage & Body systems,
- Relaxation massage techniques and incorporation of essential oils
- Anatomy and Physiology, Benefits of Massage
- Posture and hygiene
- Contraindications for Massage
- Room and work area set up
- Equipment and products needed
- Sanitization Practices
- Homecare and Follow-up Treatments

Practical Applications

- Full Back Massage, Shoulder Massage
- Back of Leg and Foot Massage, Front of Leg and Foot Massage
- Stomach Massage, Arm and Hand Massage
- Neck, Shoulder and Décolletage Massage
- Face Massage & Ear Massage
- Relaxation & Aromatherapy Massage Basic Techniques and Strokes: Effleurage, Petrissage, Friction, percussion and vibration